

## CLAIMS

What is claimed is:

- 1        1.        A basketball training device comprising:  
2                an annular shaped member having a first side and a second side, the annular  
3                shaped member having a diameter larger than a rim diameter of a basketball hoop; and  
4                a flange that encircles a portion of an outer edge of the annular shaped member  
5                and projects downwardly from the second side by a length greater than the rim diameter,  
6                wherein the first side of the annular shaped member is substantially smooth and  
7                flat, and  
8                wherein the annular shaped member can block a basketball from passing through  
9                the basketball hoop.
- 1        2.        The basketball training device of claim 1, wherein the flange is integrally formed  
2                with the outer edge of the annular shaped member to create a one-piece structure.
- 1        3.        The basketball training device of claim 1, further comprising an arm that extends  
2                from the annular shaped member.
- 1        4.        The basketball training device of claim 3, wherein the arm includes a rod  
2                receiving structure to receive an end portion of a rod.
- 1        5.        The basketball training device of claim 4, wherein the rod receiving structure  
2                includes at least one of a threaded portion, a magnetic portion, and a snap fit portion.
- 1        6.        The basketball training device of claim 1, wherein a notch is created in the flange  
2                to receive a support structure for the basketball hoop.
- 1        7.        The basketball training device of claim 1, further comprising a plurality of  
2                protrusions extending from the second side of the annular shaped member.

- 1 8. The basketball training device of claim 7, wherein the protrusions are cylindrical  
2 protrusions.
- 1 9. The basketball training device of claim 7, wherein the protrusions create a circular  
2 path that is concentric with the flange.
- 1 10. The basketball training device of claim 9, wherein a distance between the flange  
2 and the circular path is greater than the rim diameter.
- 1 11. The basketball training device of claim 7, wherein the flange and the protrusions  
2 create an area to receive the basketball rim.
- 1 12. The basketball training device of claim 1, wherein the annular shaped member  
2 and the flange are constructed from a high-impact polymer composite.
- 1 13. A basketball training device comprising:  
2 an annular shaped member having an arm, wherein the annular shaped member  
3 can be placed on a basketball hoop to prevent a ball from passing through the basketball  
4 hoop; and  
5 a rod to engage the arm and removably couple the annular shaped member with  
6 the basketball hoop.
- 1 14. The basketball training device of claim 13, wherein the arm includes a rod  
2 receiving structure to receive the rod.
- 1 15. The basketball training device of claim 13, wherein the rod includes a plurality of  
2 sections such that the rod can be taken apart and easily portable.
- 1 16. The basketball training device of claim 13, wherein the annular shaped member is  
2 secured to the basketball hoop via a flange and a plurality of protrusions extending  
3 downwardly from the annular shaped member.

1        17.     A basketball training device comprising:  
2               means for creating a shelf-like image on a basketball hoop; and  
3               means for removably coupling the basketball training device on the basketball  
4 hoop.

1        18.     The basketball training device of claim 17, wherein the means for creating a shelf-  
2 like image substantially covers a rim of the basketball hoop.

1        19.     The basketball training device of claim 18, wherein the means for creating a shelf-  
2 like image prevents a basketball from passing through the basketball hoop.

1        20.     A basketball training method comprising:  
2               placing a basketball training device on top of a basketball hoop to create a shelf;  
3 and  
4               shooting a basketball while mentally visualizing about placing the basketball on  
5 top of the shelf.